

## Help is available to stop domestic abuse

*Editor's note: This is the final part of a two-part series on domestic violence.*

**By Junel Jeffery**  
221st Base Support Battalion  
Public Affairs Office

"He beat me up and tried to strangle me with a wire coat hanger. I fought him off and pleaded with him because my 4-year-old son was watching," recalled Tina Smith [not her real name]. "He called two days later and wanted to come back. I told him no. I knew I couldn't stay with him and live."

Smith is a domestic violence survivor. Her former husband began beating her only six months after they wed. She was able to escape the clutches of domestic abuse before it claimed her life, but not everyone is as fortunate. Her experience is the sad reality of many women.

According to a U.S. General Accounting Office report, there were more than 18,500 reported cases of spousal abuse throughout the military in 1999. Of those, 12,043 cases were substantiated. Though the number of abuse cases may appear high, officials said many go unreported. According to Tania Deal, 221st Base Support Battalion victim advocate, abuse may take place for long periods of time without being detected by people outside of the home. Deal said domestic violence can happen to anyone.

"When someone is being physically abused, you may not ever know until she decides to tell you," Deal said. "It could be your neighbor; it could be anybody. They could look like the happiest couple in the world out in public, but you don't know what it's like at home."

Violent behavior is not always apparent in the beginning of a relationship, said Deal. Batterers usually build upon a pattern of vio-



Photo illustration by Karen Edge

lence.

"You don't go into a relationship thinking 'hey, this guy is going to beat me.' Usually they are not going to act that way in the beginning. They have to establish that pattern of control," she said. "It's not just hitting somebody one time. A whole bunch of things start and occur for a while and then it just gets worse and worse. It's a systematic pattern of control and power."

In Smith's case the abuse was verbal, physical and emotional. Though she still loved her husband, she knew the abuse would continue regardless of how many times he apologized.

"I left to escape the abuse after the first time he beat me, but I let him call me off the airplane and he talked me out of going. He convinced me that things would be different," Smith said. "I really feared for my life, but I didn't want to be a failure, as this was my second marriage. He would be especially nice after a fight. He would plead with me not to leave him and said it wouldn't hap-

pen again. I ultimately left to save my life and the life of my unborn child."

Victims often remain in abusive relationships in hopes the abuser will change, said Deal. Emotional or financial dependence and memories of better times when the spouse was not violent often also contribute to victims remaining in abusive relationships.

"Victims have to mentally want to leave. Frequently, they believe that they are responsible for maintaining the marriage. Once they get past that and realize that they are not responsible for the abuse or for their partner's behavior, victims reach a point with they realize the abuse is not going to end," Deal said.

According to information provided by the Wiesbaden Victim Advocacy Program, victims should

store the following items in a safe location where they can be quickly reached without the knowledge of the abusive spouse: identification, passports, birth certificates, Social Security card, cash and checkbook, medication, address book, school records, insurance documents, clothing and personal items. When a victim decides to leave the abusive relationship, he or she should keep these items at all times.

The Wiesbaden community has an emergency shelter where victims can go in order to escape the violence they face at home. The shelter, which is at an undisclosed location, can provide a safe haven to victims and their children.

"We have a shelter available that is completely confidential. No one will ever know they are there," Deal said. "If, for whatever reason, you don't want to go to a military shelter, there are several German shelters where there is usually an English-speaking staff member. Once you're out of the situation it's important to start moving forward."

A part of moving forward includes getting counseling and support. Several BSB organizations assist victims of domestic violence in their journey to-

***"I really feared for my life, but I didn't want to be a failure. ... He would be especially nice after a fight. He would plead with me not to leave him and said it wouldn't happen again. I ultimately left to save my life and the life of my unborn child." – former abused spouse***

ward a better life. The Family Advocacy Program can inform victims of services available to victims of abuse as they make choices about what they want to do.

"Education is the key. When people know what abuse is and the services that are available, it makes it a little easier to make choices," Deal said. "It's amazing what some

### Need help?

Victims involved in spouse or domestic abuse can get help from any of the following agencies:

♦ **Chaplain's Office:** mil 337-1570, civ (0611) 705-1570

♦ **Family Advocacy:** mil 337-5034/5754, civ (0611) 705-5034/5754

♦ **Social Work Services:** mil 337-5297, civ (0611) 705-5297

♦ **Military Police:** mil 337-5096, civ (0611) 705-5096

people suffer through. And they are not weak. They are so strong for being able to live the life they are living. When you think of a victim, you should not think of weakness. You should think of how strong they are to be able to live through what they are going through."

Though more than 20 years have passed since she escaped domestic violence, Smith said the experiences of being abused still remain right under the surface of her being and often pop into her mind. More than anything else, she said, abuse affects every part of a victim's existence. Sharing her story will encourage others to seek help, she said.

"Start by confiding in a friend, neighbor, or relative. Listen when advice is given about resources that are available for you and your children," Smith said.

"I am not sure if I would say that I am healed. I am a survivor and am dealing with my life. I am a firm believer in the fact that knowing some have made it out of bad situations will encourage others. If this helps just one young woman, then telling my story would have been worth the few moments it took to share this," she said.

### Welcome to Wiesbaden

Newcomers to Wiesbaden are encouraged to attend Army Family Team Building's Welcome to Wiesbaden classes held the first and third Mondays of the month at the Newcomers Information Center in Room 240 at the American Arms Hotel. Call mil 337-5754 or civ (0611) 705-5754 for information and to register.

### Couples communication

Learn skills for effective communication, conflict resolution and anger management to help

you and your partner build a more satisfying relationship. For assistance call mil 337-5297 or civ (0611) 705-5297.

### EFMP support

Join the Exceptional Family Member Program support group the first Wednesday of each month from noon to 1 p.m. in Room 22 at Army Community Service, Building 7790 in Hainerberg Housing. Call mil 337-5034 or civ (0611) 705-5034.

### AA meetings

Alcoholics Anonymous meetings are held at the Wiesbaden Army

Airfield Community Counseling Center in Building 1526 every Wednesday at 7 p.m. For information on other AA meetings call the Army Substance Abuse Program coordinator at mil 337-1710 or civ (0611) 705-1710.

### Breastfeeding support group

La Leche League is an international organization dedicated to helping mothers meet their own breastfeeding goals through

mother-to-mother support and information. Meetings are held the fourth Friday of the month at 10 a.m. at the USO Cottage. Call civ (06134) 188 825 for more information.

### Victim support offered

If you are a victim of domestic violence, help is available. Contact the Victim Advocacy Program coordinator at mil 337-5034 or civ (0611) 705-5034.

### Family inprocessing

Spouse and family member inprocessing training is conducted by the 221st Base Support Battalion Central Processing Facility.

Learn about services and activities available in the community and life in Germany every Friday from 9 a.m. to noon. Call mil 337-5034/5754 or civ (0611) 705-5034/5754 to sign up.

### AFTB for youth

The Army Family Team Building program offers classes and workshops for youths. Classes include Organizational Skills/Time and Meeting Management, Military Acronyms/Protocol and Flag Etiquette, Financial Management and Budgeting. Classes are limited to 15 students. For more information call mil 337-5754 or civ (0611) 705-5754.

## News briefs



# 221st BSB – Wiesbaden, Wackernheim, Dexheim



Photo by Gene Knudsen



Photo by Karl Weisel

## Wiesbaden drops first game

Wiesbaden linebackers Kevin Walters (No. 12) and Paul Fry (No. 44) move in to stop a Heidelberg play during the high school showdown between the Warriors and Lions Oct. 2 at Gen. H.H. Arnold High School. Photo left: Warrior quarterback Steve Jewel prepares to pass while protected by fullback Dan Villareal (left) and lineman Chris Harris (right). The Warriors went into halftime tied at 19 but ended the game with a 32-19 loss—their first of the season. Wiesbaden has only two home games remaining this season—Oct. 16 against Kaiserslautern and their homecoming game Oct. 23 against Lakenheath. Junior Varsity games begin at 10 a.m. and Varsity games begin at 1 p.m.

# Focus on preventing domestic violence

**Commentary by**  
**Lt. Col. Christopher C. Franks**  
*221st Base Support Battalion commander*

Throughout the year and especially during October we focus on domestic violence prevention in the Army. Our command's commitment to domestic violence prevention is total. Violence which occurs in our military families undermines our military objectives.

Prevention of domestic violence in our communities is everyone's responsibility and can only be successful when it is pursued 24/7 each day of the year. Therefore I call upon everyone to join me in our campaign to promote awareness about domestic violence.

Knowledge, individual commitment and our collective sense of community are tools required to enhance the safety and well-being of our families. Each and every one of us must

take a role in prevention. In this crucial issue, no one is an innocent bystander.

Our Family Advocacy Program staff, including victim advocates, will lead the way with law enforcement staff in our domestic violence prevention campaign.

Continuing to build strong partnerships is critical in reducing the incidence of this serious issue. Every home should be a safe home.



Photo by Cassandra Kardeke

## Bazaar comes to Wiesbaden

Shoppers check out crystal at one of the many stands at the Wiesbaden Community Spouses Club Lamplighter Bazaar Oct. 1-3. The bazaar netted more than \$200,000, about 13 percent of which will go back to support the community in the form of scholarships and other donations.

## Election day nears

# When to submit a write-in ballot

As election day, Nov. 2, nears many U.S. Army Europe Soldiers, civilians and family members may be wondering if and when they should submit a Federal Write-in Absentee Ballot. Here are some guidelines for using the FWAB.

U.S. citizens who have registered to vote using a Federal Post Card Application should submit an FWAB after Oct. 8 if they have not received their state absentee ballot. To be eligible to use a Federal Write-in Absentee Ballot, a voter must be a U.S. citizen over the age of 18 who lives overseas and has already submitted an FPCA.

A frequent complaint from USAREUR voters who have submitted the Federal Post Card Application is that they have not received confirmation from their state that they are now registered to vote. Most states did not begin mailing state absentee ballots until the third week of September. Voters can check to see if their state has already begun mailing absentee ballots by

going to: <https://www.perscomonline.army.mil/tagd/pssd/psb/Voting/votingindex.htm>.

For information on current registration and voting status, call the Federal Voting Assistance Program toll free from Germany by dialing civ (0800) 100-7428. Voters can also locate the email address or phone number for their county voting official on the Internet and request confirmation from them directly.

Before using the Federal Write-in Absentee Ballot voters should find out if they are eligible to receive and return a ballot to their local election officials by fax. Twenty-three states allow ballots to be returned by fax. To determine if their state allows voting materials to be faxed, voters can contact their voting assistance officer via the USAREUR Voting Assistance Hotline at mil 379-9712 civ (06202) 80-9712.

Voters who have not received their state absentee ballot by Oct. 8 should submit an FWAB no later

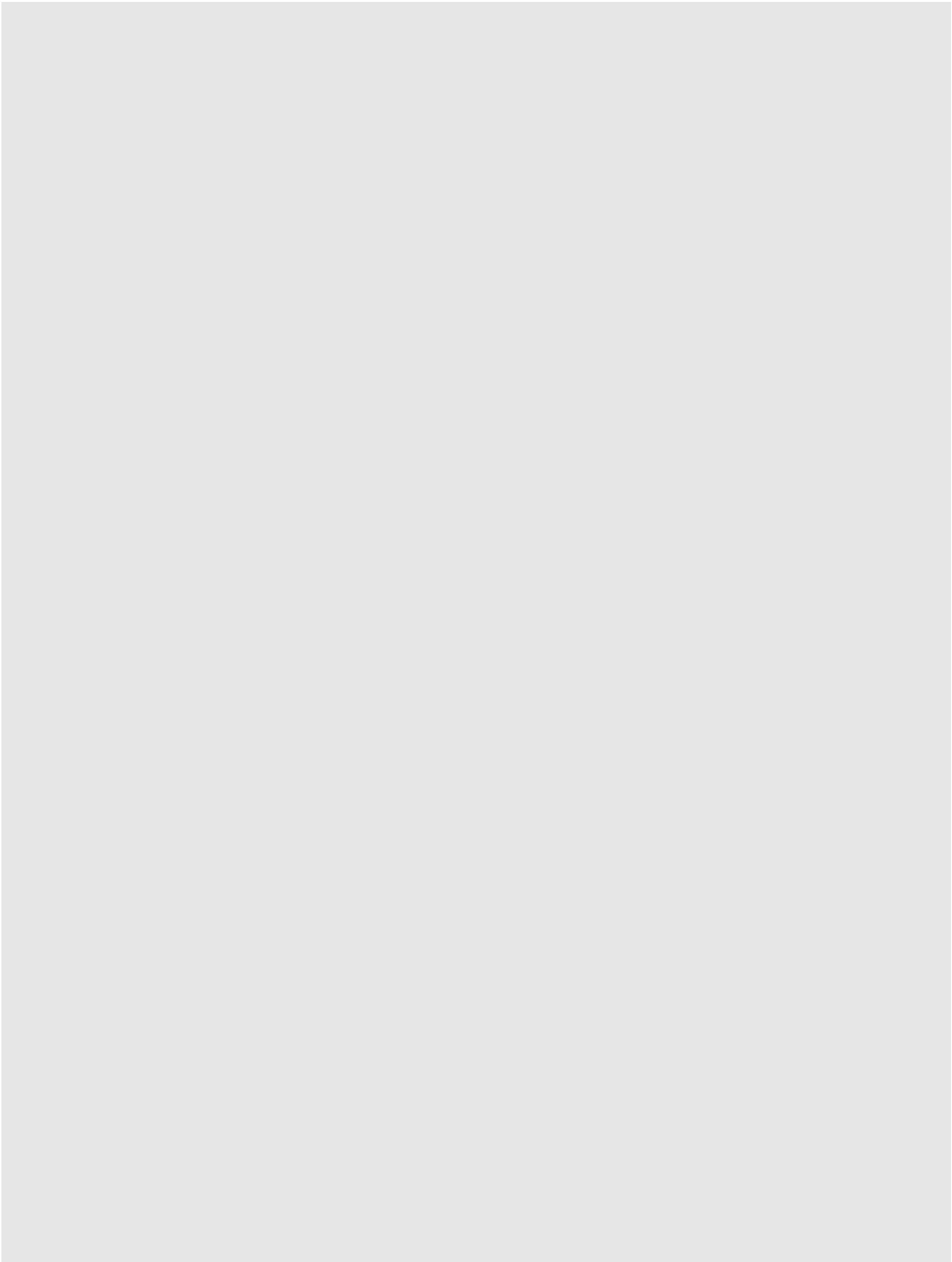
than Oct. 15. All voting assistance officers have a supply of the forms on hand and are ready to help voters fill them out.

The FWAB should be addressed to the same voting office where the Federal Post Card Application was sent. Not all of the information requested on the outside back of the FWAB envelope needs to be filled out; however, it should include the voter's name, current mailing address, signature and date.

The Federal Write-in Absentee Ballot is only valid when a regular absentee ballot has been requested but has not been received. The FWAB should be mailed out before Oct. 15. If you receive your state absentee ballot after you've mailed the FWAB, fill it out and return by mail. The county elections officials will count one and nullify the other.

For more information check out the Federal Voting Assistance Program website at [www.fvap.gov](http://www.fvap.gov) or contact the USAREUR Voting Assistance Hotline.





# 221st BSB – Wiesbaden, Wackernheim, Dexheim

## Community news notes

### Volunteers needed

The United Services Organization seeks volunteers to be Santa's helpers during photo sessions in December. People are needed to serve as Santa, Mrs. Claus, cashier, photographer and photo mounter. To volunteer call mil 337-5591 or civ (0611) 705-5591.

### WCSC luncheon

The Wiesbaden Community Spouses Club luncheon will be held Oct. 20 at the Community Activity Center. For reservations call civ (0611) 890-7872.

### Recruiters needed

Learn about the benefits, challenges and qualifications to become a U.S. Army recruiter Oct. 15 from 9:30-11 a.m. at the Wiesbaden Education Center, Room 4, Building 1023E. The briefing is open to all Soldiers E-5 through E-7. For more information call mil 337-5559 or civ (0611) 705-5559.

### Saturday night jam

The Wiesbaden Community Activity Center hosts Saturday Night Fever for all ages Nov. 13. Teen Time will be held from 4-7:30 p.m. with plenty of music, games, dance and Playstation contests. The party continues from 8 p.m. to midnight for adults with a DJ, open mic contest and Apollo style com-

edy. Anyone wishing to perform must register in advance. Call mil 337-5750 or civ (0611) 705-5750 for more information.

### OCS board

The 221st Base Support Battalion will conduct an Officer Candidate School Selection Board Nov. 23 and 24 at Wiesbaden Army Airfield. For location, times and packet submission requirements, contact Harold Griffin, 221st BSB adjutant at mil 337-7068 or civ (0611) 705-7068.

### VFW meets

Veterans of Foreign Wars Post 27 "Watch on the Rhein" holds its monthly meeting Oct. 14 at the Community Activity Center at Wiesbaden Army Airfield. Social begins at 5 p.m. at the Victory Point Bar, meeting begins at 7:30 p.m. in the community meeting room. All eligible veterans are invited to attend. Call civ (0611) 306 123 or (0171) 222 9359 for more information.

### Job fair set

Team 221st Army Community Service hosts a Fall Job and Volunteer Fair Oct. 20 from 9 a.m. to 1 p.m. at the Youth Services gym, Building 07775 in Hainerberg Housing. For more information call mil 337-5034/

5754 or civ (0611) 705-5034/5754.

### Testing in housing

The Directorate of Public Works will conduct lead-based paint surveys in family housing throughout October and November. Residents will be given a schedule 30 days before the testing. Access to the housing units at the scheduled times is mandatory. If residents cannot be home, other arrangements must be made through their housing coordinator or DPW. For more information call mil 337-6324 or civ (0611) 705-6324.

### Comedy show



The Wiesbaden Community Activity Center hosts Comedy After Dark Oct. 24 at 8 p.m. Tickets can be purchased in advance at Outdoor Recreation or the CAC for \$10 or \$15 at the door the night of the show.

### Positions available

The American Arms Hotel is now hiring front desk clerks and custodial workers for housekeeping. Applicants must be U.S. citizens and can apply at the Nonappropriated Fund Personnel Office in Building 1020 at Wiesbaden Army Airfield. For more

information call mil 338-7883 or civ (0611) 343 667.

### Singers wanted

The Sweet Adelines, Hearts of Hessen, women's barbershop group is looking for new members. Previous singing experience is recommended. Barbershop singing experience is not necessary. This German-American group rehearses Monday evenings in Wiesbaden. For more information call mil 322-8851, civ (06181) 500 8820 or (0611) 86748.

### Soldier's club

The Sgt. Morales Club meets the first Wednesday of the month in Room 210 of the Welcome Center at Wiesbaden Army Airfield at 2 p.m. All Sgt. Morales and Sgt. Audie Murphy inductees are welcome to attend. For more information call civ (0160) 9211 2266.

### Emergency care providers needed

Army Community Service seeks emergency placement and respite care providers. Emergency placement provides interim care for children removed from a home due to abuse, neglect or other family emergencies. Respite care provides a temporary rest period for family

members responsible for regular care of children with disabilities. Anyone interested in volunteering their home and time to provide care should call mil 337-5034 or civ (0611) 705-5034.

### Outdoor Rec tours

Wiesbaden and Dexheim's Outdoor Recreation hosts plenty of tours throughout the month of October. Sign up for trips to Europa Park, shopping at Wertheim Village, paintball, Frankfurt Zoo, hiking at Frankenstein Castle or biking in Michelstadt. Call mil 337-5760 or civ (0611) 705-5760 for more information.

### Jewish services

Jewish religious services are offered every Friday at 7:30 p.m. at the Wiesbaden Army Airfield Chapel. Judaism 101 classes will be held every Tuesday evening at 7 p.m. For more information call mil 337-1570 or civ (0611) 705-1570.

### Free lunch program

Applications are now being accepted for the free and reduced school lunch program at the 221st Base Support Battalion School Support Office. To find out if your children are eligible for the program call mil 337-7004 or civ (0611) 705-7004.

### Balloon shop open

An all occasion Balloon Shop is now open at the Community Activity Center with over 200 mylar and latex balloons to choose from. To order a balloon bouquet stop by the shop, call mil 337-5750 or civ (0611) 705-5750.

### Flea Market

Clean out your closets and make some money at the same time or find that something you've been looking for at an Indoor Flea Market at the Community Activity Center Oct. 23. Doors open at 11 a.m. Sellers can rent a table for \$10. Tables are limited. Call mil 337-5750 or civ (0611) 705-5750.

### Nutrition classes

The Wiesbaden Women, Infants and Children-Overseas office offers free nutrition classes the third Tuesday of the month. Classes are held at 1:30 p.m. at the WIC-O office, Building 7005 in Crestview Housing. For information call mil 338-7366 or civ (0611) 380-7366.

### Boss night

Tough day at the office? Chips and dips are on the house and drinks are on your boss every fourth Thursday of the month at the Victory Point Bar at the Community Activity Center.

# 222nd BSB — Baumholder, Neubrücke, Strassburg

## Happenings

### BCSC luncheon

The Baumholder Community Service Club October luncheon, "Fashionable Fall," will be held Oct. 20 beginning at 11:30 a.m. at the Rheinlander Club. Reservations may be sent to [reservebcsc@yahoo.com](mailto:reservebcsc@yahoo.com). Child care will be available at this luncheon so those interested may include the child care request with their reservation.

### Force protection briefing mandatory

A briefing on antiterrorism, Force Protection awareness, Subversion And Espionage Directed Against the Army is scheduled for Oct. 26 at the Wagon Wheel Theater. Conducting the briefing will be the 222nd Base Support Battalion and 66th Military Intelligence Group. The English version is from 1-2 p.m. followed by the German version from 2:15-3:15 p.m. This briefing is an annual requirement for all Soldiers, Department of Defense civilians and local national employees. Family members and dependents age 16 or older are highly encouraged to attend. Any unit or element with 10 or more planning to attend, please call to ensure space is available. Direct any questions to the Baumholder MI office at mil 485-7386 or civ (06783) 6-7386.

### October Youth Services events

\* Oct. 14, trip to Ramstein American High School for the annual College Information Night for ninth- and 12th-graders, time to be announced.

\* Oct. 16, trip to Holiday Park in Hassloch for sixth- through 12th-grade students from 8.30 a.m. to 9.30 p.m.

\* Oct. 29, Halloween dance at the Teen Cafe for ninth- through 12th-grade students from 7-11 p.m.

\* Oct. 30, masquerade ball at the Landstuhl Teen Center for ninth- through 12th-grade students from 7-11 p.m.

\* Oct. 30, lock-in at the Underground for sixth- through eighth-grade students from 8 p.m. to 8 a.m.

All participants must be registered with CYS and a signed permission slip must be turned in one week in advance to each trip or event.

For more information contact your local youth center or Youth Services at mil 485-7276.

### Volunteer to help

Youth Services is looking for volunteers, youth and adults, to assist with special interest clubs and sporting or recreational events.

For more information contact your local youth center or visit Baumholder's youth website at [www.baumholder.army.mil/youthsite/html/ys.htm](http://www.baumholder.army.mil/youthsite/html/ys.htm).

### Professional help

Professional counselors are here to provide support and guidance. If you are dealing with conflict, worry or difficulty in or outside the home, take the time to talk to someone about it. Confidential family/life coaches can meet with you when and where you are most comfortable. Call Army Community Service at mil 485-8188 or civ (06783)-8188 to schedule a meeting.

### Free bowling

Strikers offers free bowling every Thursday from 3-6 p.m. Cosmic bowling is offered Saturdays from 8 p.m. to 1 a.m.



Jimmy Cabrera

### Guest speaker

Jimmy Cabrera will be the guest speaker Oct. 15 at the Wagon Wheel Theater for Hispanic Heritage Month. Cabrera will speak from 1-2 p.m. He is ranked by the research firm Market Data Enterprises of Florida as one of the top three Hispanic motivational speakers in the nation.

### Shooters cooks

Shooters offers good home cooking. Breakfast is offered Saturdays and Sundays from 10 a.m. to 1 p.m.; lunch is Monday through Friday from 11 a.m. to 1:30 p.m.; and dinner is offered Mondays through Sundays from 4:30-9 p.m.

There's music in the new night club on Fridays and Saturdays from 9 p.m. to 2 a.m. The skeet range is open on Thursdays from 5-8 p.m. and Saturdays and Sundays from 11 a.m. to 5 p.m.

### Rheinlander

The Rheinlander Convention Center restaurant offers lunch Mondays through Fridays from 11 a.m. to 1:30 p.m. Dinner is offered on Tuesdays, Wednesdays, Fridays and Saturdays from 6-9 p.m. and Thursdays from 5-9 p.m.



Photo by Ignacio "Iggy" Rubalcava

### Lining up to send a message home

Lt. Col. Walter Rongey, his wife Cindy and their five children, Matthew, Josephine, Mary, Christopher and Peter, record holiday greetings for their families in the States. The Hometown News Center holiday greetings team visited Baumholder Sept. 29, and family members made more than 65 recordings that will be sent to their local hometown television stations for airing during the holiday season. The Hometown News Center offers this opportunity to military members and their families every year, usually during September.

# 222nd BSB – Baumholder, Neubrücke, Strassburg

## Boyz II Men to perform during Red Ribbon Week

Red Ribbon Week kicks off Oct. 22 with a VIP visit and an a cappella performance by Boys II Men. Organized by MWR and the Army Substance Abuse Program, the best selling R&B group of the

20th century will be performing in the Hall of Champions.

Red Ribbon Week is held annually to increase awareness of drug and alcohol prevention programs and promote drug-free

communities.

The concert will be held in conjunction with the Baumholder Aerobathon, a showcase of five different exercise classes, including kick boxing and yoga, offered by the fitness center.

Red Ribbon Week's opening ceremony is scheduled for 3:15 p.m. followed by the Aerobathon. Boyz II Men will appear at 5:15 p.m. to sign autographs and sing a cappella.

The R&B group will perform in Baumholder later that night.

Red Ribbon Week continues with a series of events and activities. Red ribbons will be distributed to the community at various locations, including chapel services that weekend to encourage involvement.

Baumholder High School continues the awareness program Oct. 25 with "wear red day." There will be a red ribbon booth at the high school on Oct. 26 and the essay contest winner will be announced. Finally on Oct. 30 there will be red ribbon ghost crafts at the Halloween Carnival.



Boyz II Men will perform in Baumholder as part of Red Ribbon Week.

## College night planned

The annual Kaiserslautern College Information Night will be held at Ramstein American High School Oct. 14 from 6-8:30 p.m. Approximately 70 colleges and universities will be on hand at this event.

Students from Baumholder, Bitburg and the Kaiserslautern military communities attend this event and those from as far as Mannheim and Heidelberg also join in.

Representatives will include both college staff members and European-based alumni. Before the opening of the information tables there will be a short overview of college search and financial aid procedures as well as information on U.S. colleges with European campuses.

There will also be tables with information on state residency requirements, some scholarship programs and other vocational interests.

Department of Defense Dependents high schools across

Europe hold annual College Information Nights to provide students and parents with firsthand information on colleges and universities. College night allows schools to share a variety of resources about colleges including websites.

Technology and the Worldwide Web have vastly improved the ability of overseas students to get timely access to college information, application procedures and financial aid information.

"College Night allows schools to put a face on the colleges for our students and learn about college life firsthand from a graduate of the institution they may be interested in. Since we are located overseas, schools rely largely on community members who represent their alma maters," said Peggy Hoffman-Schmidt, Kaiserslautern District Public Affairs officer.

For more information about College Information Night call Fred Lopez at mil 480-7640.





Photo by LeAnne MacAllister

## CFC kicks off

Sgt. 1st. Class Tracey Boyd talks to Soldiers about the Combined Federal Campaign as they enter the Post Exchange Oct. 4. Boyd led the kickoff as Baumholder's CFC officer. The campaign continues through Dec. 3. "The goal is to raise money for both national and international charities," said Boyd. Soldiers who opt to allocate part of their pay to the CFC program select the charity of their choice. Hundreds of charity options are available, ranging from Alzheimers and AIDS foundations to animal shelters.

## Don't lose your identity, take the right measures

By Capt. Alison Gregoire  
Legal Assistance attorney

Identity theft is becoming increasingly common, and the ways it is committed are becoming increasingly numerous. Identity crimes include robbery, computer intrusion, mail theft, theft of trash and theft from businesses such as hotels that have personal information on file. A thief can steal your identity with just a few identifiers such as your birth date, Social Security number, mother's maiden name or credit card number.

The first step is knowing how to protect yourself from identity theft. The best protection is to be very aware of your financial status, so that you will know immediately if something is amiss. Don't give out personal information such as your date of birth and Social Security number over the phone or Internet. Do not put your driver's license number or Social Security number on your checks. Keep a watchful eye on your bank and credit card statements. Destroy excess receipts and make sure to cross out your credit card number if it appears on a receipt. Finally, shred your financial trash.

Should you become a victim of identity theft, after notifying your financial institutions, your first stop needs to be the Military Police station because many credit bureaus require a police report in order to begin repairing your credit. After completing the report, get the name and contact number of the officer who

took the report for your records.

Second, gather as much financial documentation as you can. This includes bank and credit card statements.

Third, you will need credit reports from Equifax, Experian and Trans Union, the three major credit bureaus. You can also ask the companies to put a "fraud alert" on your credit report. The fraud alert will show up when businesses inquire about your credit and the alert could stop future fraud.

Fourth, contact the organizations that could potentially be affected. If the crime involved the U.S. mail, notify the U.S. Postal Service. If the crime entailed misuse of a Social Security number, notify the Social Security Administration. Your financial institution should be contacted if the crime involved your bank account.

Finally, you may want to contact your utility companies and ask them to check for any unusual account activity.

Then contact the Federal Trade Commission. It is actively compiling identity theft data and passing it to law enforcement officials to aid in stopping future theft.

To reach Experian dial 1-888-397-3742 (or online at [www.experian.com](http://www.experian.com)). Trans Union may be reached at 1-800-680-7289 (or online at [www.transunion.com](http://www.transunion.com)). To contact Equifax dial 1-800-525-6285 (or online at [www.equifax.com](http://www.equifax.com)). For more information call Baumholder Legal Assistance at mil 485-6506.

## Volunteer Corps established

By Teresa Gaines  
Army Volunteer Corps coordinator

The Army established the Army Volunteer Corps during this year's National Volunteer Week observance. In conjunction with the inauguration of the AVC, the Installation Volunteer Program was renamed the Army Volunteer Corps Program.

This change is part of the Multi-Component Family Support Network and the name change represents a bridge between the active component and the Reserve component and a more inclusive role for the former installation volunteer coordinator. The defining principle of the AVC is

that all who volunteer in Army communities share a commonality of purpose — improving the well-being of Soldiers and families. No matter what organization a volunteer serves or whether this service is for the Active Force, National Guard or Army Reserve, they are all Army volunteers. Since the goal of the AVC is to connect volunteers to

each other and to the Army as members of the Army Volunteer Corps, it is imperative that the installation volunteer coordinators, who will serve as the focal point of the AVC on Army installations be called Army Volunteer Corps coordinators. Standardizing program names is in the planning stages for the National Guard and Army Reserve volunteer programs.

The Army will support the Army Volunteer Corps by:

□ Providing a professional approach to volunteer management, including training and resources for volunteer leaders, certification for volunteer managers and a Bill of Rights and Responsibilities for volunteers.

□ Developing alliances and relationships with organizations that will create opportunities to "work beyond the wall." Linking all volunteers within the Army community to each other and to the civilian community will promote collaboration and partnerships that will enhance the effectiveness of

volunteerism throughout the Army, increase volunteer opportunities and potential volunteers.

□ Creating a corporate identity for all volunteers that instills pride in being an Army volunteer. The AVC emblem demonstrates the connection to the larger community — the Army community — as an Army volunteer.

The Army Volunteer Corps will be resilient, responsive and forward-looking. It will enable the Army to respond to changes in volunteerism and changes in the needs of the Army community. Working together, volunteers and Army staff will seek flexible approaches to local needs and creative solutions for future challenges.

Volunteering is a defining part of the American experience. From the Minutemen at Lexington to today's all volunteer force, the Army relies on the fundamental connection between volunteerism and citizenship. The strength of the Army lies in its Soldiers, and the strength of the Army communities lies in the talents and contributions of its members. Volunteerism stabilizes our Army communities by contributing to community cohesion, increasing self-reliance and enhancing the well-being of Soldiers, civilians and families.





## European 'Super Six' teams to clash

By Ignacio "Iggy" Rubalcava

222nd Base Support Battalion  
Public Affairs Office

Baumholder will again host the annual European Super Six high school football playoffs Nov. 6 on Minick Field. For those who crave gridiron action, this is the Super Bowl of high school football in Europe, offering fans a full day of football as the top six high school teams in Europe clash for a shot at the championship title.

The action begins with Division

III finalists at 10 a.m. Division II plays at 2 p.m., and Division I finalists face off at 6 p.m.

Teams fall under Divisions I, II, or III depending on the school enrollment. Being a school with a small number of students, Baumholder falls under Division III.

Details of the competing teams have not been sorted out yet as they all have a lot of competition ahead of them before making it to the top six.

"We're going to have quite an influx of people in the community

the day before as at least 400 players will be arriving," said Gene Winfree, 222nd Base Support Battalion schools officer.

"Given that the Soldiers of the 1st Armored Division have returned from their 15-month deployment, we are expecting twice the fan participation, if not more, than last year," he said. The event drew more than 2,000 spectators last year.

Participation by NFL officials and the Frankfurt Galaxy Cheerleaders is also being planned but is not yet finalized.

"Baumholder was chosen primarily because of the outstanding facility and force protection that it offers," said Dom Calabria, Baumholder American High School principal.

Like last year, security and safety will receive top priority. There will be security checks before entering the field. Coolers, alcohol and glass bottles will not be permitted in the stands. "Our Pond's guards personnel will search packages and backpacks at the entrance to the field," said Bianca Bowen, 222nd

Base Support Battalion S-2.

Plenty of food and beverages will be available at the game so guests need not go hungry or thirsty throughout the day. To help feed the influx of people the Strike Zone snack bar in the Strikers Bowling Center will be available for fans throughout the day. Guests can also enjoy a game or two of bowling while waiting for the next game to start on Minick Field. AAFES will also have its food court facilities available throughout the championships.

## ACS's new FLAG program helps newcomers



Photo by LeAnne MacAllister

Barbara Harris, Families Learning About Germany coordinator, makes arrangements for the next FLAG program. FLAG is a survival course for newcomers to Germany. German customs and traditions are discussed, and participants get a flavor for the local community by touring the area.

By LeAnne MacAllister  
222nd Base Support Battalion  
Public Affairs Office

Figuring out the local bus system is just one of the many challenges you face in a new country. Then, of course, you need to know what is out there and in what direction you have to go to get there.

Realizing that adjusting to Germany can be challenging and exciting, Army Community Service introduces the FLAG program—Families Learning About Germany. The program, held approximately once a month, is open to all family members who are interested in learning about the local culture, surrounding towns, how to get around Europe and the Baumholder Army community in general.

Formerly known as the Newcomers Orientation and Welcome, the program has been updated to include new optional excursions and more information about Baumholder. Barbara Harris is the ACS FLAG coordinator, as well as an Army spouse and German native who has lived in the United States.

"This new program was a personal goal for me. I know from experience that it's more helpful for an insider to show people around Germany. Someone who has lived in both the United States and Ger-

many needs to teach them the little things because they have a better understanding of the challenges they're facing and where things will get confusing. If you don't know your home well, you can't be comfortable in it. I want everyone here to get to know their new home," said Harris.

The course is held over three consecutive days, with two additional optional days. The group meets from approximately 8:30 a.m. to 3 p.m. daily at Baumholder's ACS office. Day one includes a walk to downtown Baumholder, a bus riding lesson to Idar-Oberstein and a lunch on the town. A tour of Baumholder is hosted by the city historian followed by a schnitzel cooking class on day two.

Day three provides a German shopping adventure to Globus, a German super-store.

During days four and five the group may attend the Army Family Team Building Level 1 course or add another field trip.

"The German grocery shopping and cooking class was a big hit with the group," said Harris. "Plus, they're all taking the skills home with them." To Harris, that's what the FLAG program is all about.

For more information contact ACS at mil485-8188.

## Mental health professionals, parents hone nurturing skills

Army Community Service and the Family Advocacy Program recently hosted Dr. Stephen J. Bavolek, founder of the Nurturing Program, who was here to provide a two-day seminar on "Families in Balance." He was accompanied at the conference by two New Parent Education Support Program social workers from Baumholder—Jean-Marie Williams and Melody Tavera.

On the first day of the Baumholder training, 30 mental

health professionals attended an all-day training program to improve their skills. The following day, 25 parents attended an all-day program that focused on parenting skills.

For the community/family training, Bavolek focused on learning to communicate as a family, privileges and challenges of raising a family in the military, families recovering from deployment and families preparing for deployment.

Through Bavolek's work, thousands of parents have learned to recognize and understand feelings within themselves and their children, how to recognize each other's needs, how to build and maintain empathy, nurturing ways to encourage appropriate behaviors, child development and ways to build self-esteem in self and children.

The Nurturing Parenting Program is a cornerstone for ACS parenting classes in Baumholder.

Baumholder is recognized as the current Nurturing Parenting Program leader in Europe.

ACS, through the NPESP, offers various classes for parents based on the Nurturing Parenting models: prenatal classes, nurturing parenting for families with children from birth to age 5, nurturing parenting for families with children 6-12 years old and nurturing parenting for families with children 13-18 years old.

ACS has also recently started two additional programs: A Families in Balance seminar program on Thursdays and a parent support program called "Empowering Nurturing Parenting" on Tuesdays. The children are invited and encouraged to attend and have a separate concurrent program to reinforce family improvement.

Call ACS at mil485-8188 to schedule your family for one of these classes.